

| Platz | Name, Vorname | Jg | Verein / BSG / Ort | Laufen | Pos L | Rad | Pos R | Zwischen- zeit | Pos ZZ | Laufen | Pos L | Gesamtzeit | Alters- klasse | Start- Nr. |
|----------------------------|--------------------------|----|-----------------------------|-----------|----------|-----------|----------|-------------------|-----------|-----------|----------|------------|-------------------|---------------|
| Altersklasse M AK1 | | | | | | | | | | | | | | |
| 1 | Johannsen, Leif | 97 | SG Athletico Büdelsdorf | 0:20:55 h | 4 | 0:46:58 h | 1 | 1:07:53 h | 1 | 0:24:12 h | 5 | 1:32:05 h | M AK1 | 102 |
| 2 | Becker, Marvin | 94 | Wildcats Swiss Triathlon Te | 0:19:45 h | 1 | 0:51:16 h | 3 | 1:11:01 h | 2 | 0:21:30 h | 2 | 1:32:31 h | M AK1 | 96 |
| 3 | Martensen, Lars | 97 | SVT Neumünster | 0:20:32 h | 2 | 0:52:41 h | 4 | 1:13:13 h | 4 | 0:21:25 h | 1 | 1:34:38 h | M AK1 | 98 |
| 4 | Krüger, Marcel | 95 | SCI Itzehoe | 0:22:05 h | 5 | 0:50:45 h | 2 | 1:12:50 h | 3 | 0:23:06 h | 4 | 1:35:56 h | M AK1 | 95 |
| 5 | Riebe, Christoph | 94 | SG Athletico Büdelsdorf | 0:20:54 h | 3 | 1:07:00 h | 6 | 1:27:54 h | 6 | 0:21:42 h | 3 | 1:49:36 h | M AK1 | 129 |
| 6 | Kuhlmann, Julian | 97 | | 0:25:50 h | 6 | 0:59:33 h | 5 | 1:25:23 h | 5 | 0:24:48 h | 6 | 1:50:11 h | M AK1 | 5 |
| Altersklasse M AK2 | | | | | | | | | | | | | | |
| 1 | Schröder-Groeneveld, Lei | 89 | USC Kiel | 0:18:41 h | 1 | 0:46:30 h | 1 | 1:05:11 h | 1 | 0:19:19 h | 1 | 1:24:30 h | M AK2 | 76 |
| 2 | Timme, Hauke | 90 | SV Tungendorf Triathlon | 0:19:42 h | 2 | 0:51:29 h | 3 | 1:11:11 h | 2 | 0:21:51 h | 2 | 1:33:02 h | M AK2 | 45 |
| 3 | Rheker, Maximilian | 92 | Hamburg | 0:21:27 h | 4 | 0:51:27 h | 2 | 1:12:54 h | 3 | 0:23:57 h | 4 | 1:36:51 h | M AK2 | 9 |
| 4 | Krüger, Daniel | 92 | | 0:20:46 h | 3 | 0:54:29 h | 4 | 1:15:15 h | 4 | 0:21:53 h | 3 | 1:37:08 h | M AK2 | 126 |
| 5 | Podtschaske, Sebastian | 90 | | 0:24:34 h | 5 | 0:59:44 h | 5 | 1:24:18 h | 5 | 0:25:50 h | 5 | 1:50:08 h | M AK2 | 35 |
| Altersklasse M AK3 | | | | | | | | | | | | | | |
| 1 | Oelerich, Jan | 88 | DT Swiss Factory Squad | 0:19:44 h | 2 | 0:44:01 h | 1 | 1:03:45 h | 1 | 0:20:21 h | 2 | 1:24:06 h | M AK3 | 44 |
| 2 | Hein, Markus | 86 | Hannover 96 | 0:19:43 h | 1 | 0:44:13 h | 2 | 1:03:56 h | 2 | 0:20:13 h | 1 | 1:24:09 h | M AK3 | 132 |
| 3 | Westover, Richard | 87 | Stockelsdorf | 0:20:30 h | 3 | 0:44:25 h | 3 | 1:04:55 h | 3 | 0:21:22 h | 3 | 1:26:17 h | M AK3 | 59 |
| 4 | Blase, Danny | 88 | SG Athletico Büdelsdorf | 0:22:09 h | 5 | 0:52:15 h | 5 | 1:14:24 h | 5 | 0:22:34 h | 4 | 1:36:58 h | M AK3 | 117 |
| 5 | Braune, Daniel | 88 | Lübeck | 0:20:56 h | 4 | 0:57:19 h | 7 | 1:18:15 h | 6 | 0:23:27 h | 5 | 1:41:42 h | M AK3 | 79 |
| 6 | Sönksen, Sören | 85 | SV Enge-Sande | 0:26:47 h | 7 | 0:47:25 h | 4 | 1:14:12 h | 4 | 0:28:26 h | 7 | 1:42:38 h | M AK3 | 67 |
| 7 | Schlüter, Martin | 86 | SG Athletico Büdelsdorf | 0:24:55 h | 6 | 1:01:04 h | 8 | 1:25:59 h | 8 | 0:26:42 h | 6 | 1:52:41 h | M AK3 | 86 |
| 8 | Kossak-Glowczewski, Chi | 84 | Elmshorn | 0:28:29 h | 8 | 0:56:31 h | 6 | 1:25:00 h | 7 | 0:30:28 h | 8 | 1:55:28 h | M AK3 | 122 |
| 9 | Jöns, Kim-Bastian | 86 | | 0:30:20 h | 9 | 1:18:15 h | 9 | 1:48:35 h | 9 | 0:37:10 h | 9 | 2:25:45 h | M AK3 | 18 |
| Altersklasse M AK4 | | | | | | | | | | | | | | |
| 1 | Thomsen, Mark | 79 | USC Kiel | 0:20:31 h | 1 | 0:52:11 h | 1 | 1:12:42 h | 1 | 0:22:16 h | 1 | 1:34:58 h | M AK4 | 107 |
| 2 | Grebe, Marco | 81 | | 0:23:16 h | 2 | 0:57:28 h | 2 | 1:20:44 h | 2 | 0:25:23 h | 2 | 1:46:07 h | M AK4 | 136 |
| 3 | Jung, Oliver | 81 | Elmshorn | 0:24:29 h | 3 | 0:58:30 h | 3 | 1:22:59 h | 3 | 0:28:12 h | 3 | 1:51:11 h | M AK4 | 159 |
| Altersklasse M Sen1 | | | | | | | | | | | | | | |
| 1 | Wichmann, Frank | 75 | SG Athletico Büdelsdorf | 0:20:53 h | 2 | 0:47:01 h | 1 | 1:07:54 h | 1 | 0:21:06 h | 1 | 1:29:00 h | M Sen1 | 109 |
| 2 | Warneck, Marco | 78 | | 0:20:59 h | 3 | 0:49:44 h | 2 | 1:10:43 h | 2 | 0:22:39 h | 3 | 1:33:22 h | M Sen1 | 169 |
| 3 | Nahnsen, Björn | 77 | SV Enge-Sande | 0:20:08 h | 1 | 0:52:05 h | 4 | 1:12:13 h | 3 | 0:21:32 h | 2 | 1:33:45 h | M Sen1 | 134 |
| 4 | Messerschmidt, Leif | 78 | TriVelos Flensburg | 0:21:35 h | 4 | 0:50:42 h | 3 | 1:12:17 h | 4 | 0:23:15 h | 4 | 1:35:32 h | M Sen1 | 135 |
| 5 | Asar, Selim | 76 | Tornesch | 0:25:03 h | 5 | 0:57:47 h | 5 | 1:22:50 h | 5 | 0:25:56 h | 6 | 1:48:46 h | M Sen1 | 140 |
| 6 | Mönnich, Daniel | 74 | Oldenburg | 0:25:20 h | 6 | 0:57:51 h | 6 | 1:23:11 h | 6 | 0:25:53 h | 5 | 1:49:04 h | M Sen1 | 20 |
| Altersklasse M Sen2 | | | | | | | | | | | | | | |
| 1 | Biermann, Christian | 73 | TuS Holstein Quickborn | 0:20:51 h | 1 | 0:48:16 h | 1 | 1:09:07 h | 1 | 0:22:22 h | 1 | 1:31:29 h | M Sen2 | 148 |
| 2 | Ruth, Lothar | 73 | Hamburg | 0:23:15 h | 4 | 0:49:25 h | 2 | 1:12:40 h | 2 | 0:25:42 h | 8 | 1:38:22 h | M Sen2 | 162 |
| 3 | Breidenbicher, Daniel | 72 | SV Langwedel | 0:22:56 h | 2 | 0:53:31 h | 3 | 1:16:27 h | 3 | 0:25:02 h | 3 | 1:41:29 h | M Sen2 | 110 |

| Platz | Name, Vorname | Jg | Verein / BSG / Ort | Laufen | Pos L | Rad | Pos R | Zwischen- zeit | Pos ZZ | Laufen | Pos L | Gesamtzeit | Alters- klasse | Start- Nr. |
|----------------------------|-------------------------|----|--------------------------|-----------|----------|-----------|----------|-------------------|-----------|-----------|----------|------------|-------------------|---------------|
| 4 | Rahe, Dirk | 72 | Oldenburg | 0:23:05 h | 3 | 0:55:33 h | 7 | 1:18:38 h | 7 | 0:23:23 h | 2 | 1:42:01 h | M Sen2 | 22 |
| 5 | Bergmann, Jan | 71 | LAV Verden | 0:23:36 h | 7 | 0:53:43 h | 5 | 1:17:19 h | 4 | 0:25:44 h | 9 | 1:43:03 h | M Sen2 | 115 |
| 6 | Laurisch, Wolf | 72 | Tri-Michels Hamburg e.V. | 0:23:25 h | 5 | 0:54:25 h | 6 | 1:17:50 h | 6 | 0:25:32 h | 7 | 1:43:22 h | M Sen2 | 160 |
| 7 | Wüpper, Frank | 69 | SG Athletico Büdelsdorf | 0:24:03 h | 8 | 0:53:36 h | 4 | 1:17:39 h | 5 | 0:25:49 h | 10 | 1:43:28 h | M Sen2 | 103 |
| 8 | Budinger, Tilo | 72 | | 0:24:03 h | 8 | 0:56:04 h | 8 | 1:20:07 h | 8 | 0:25:07 h | 5 | 1:45:14 h | M Sen2 | 166 |
| 9 | Burmester, Michael | 69 | Schenefeld | 0:24:16 h | 10 | 0:58:26 h | 10 | 1:22:42 h | 9 | 0:25:18 h | 6 | 1:48:00 h | M Sen2 | 37 |
| 10 | Hochgesand, Christian | 72 | | 0:23:25 h | 5 | 1:02:14 h | 12 | 1:25:39 h | 10 | 0:25:02 h | 3 | 1:50:41 h | M Sen2 | 168 |
| 11 | Deuter, Frank | 72 | RBC - Rendsburg | 0:27:27 h | 11 | 1:02:09 h | 11 | 1:29:36 h | 12 | 0:30:04 h | 11 | 1:59:40 h | M Sen2 | 133 |
| 12 | Krause, Jürgen | 72 | | 0:28:46 h | 12 | 0:57:31 h | 9 | 1:26:17 h | 11 | 0:34:11 h | 12 | 2:00:28 h | M Sen2 | 101 |
| Altersklasse M Sen3 | | | | | | | | | | | | | | |
| 1 | Kühne, Michael | 68 | Möllner SV | 0:21:13 h | 1 | 0:51:15 h | 2 | 1:12:28 h | 1 | 0:22:53 h | 1 | 1:35:21 h | M Sen3 | 28 |
| 2 | Hecker, Markus | 65 | Post SV Uelzen | 0:24:50 h | 6 | 0:49:19 h | 1 | 1:14:09 h | 2 | 0:24:19 h | 5 | 1:38:28 h | M Sen3 | 23 |
| 3 | Stoltenberg, Andreas | 68 | SV Tungendorf Triathlon | 0:22:04 h | 2 | 0:53:26 h | 4 | 1:15:30 h | 4 | 0:23:18 h | 3 | 1:38:48 h | M Sen3 | 12 |
| 4 | Bromberg, Norman | 68 | Borener SV | 0:22:23 h | 4 | 0:52:54 h | 3 | 1:15:17 h | 3 | 0:24:15 h | 4 | 1:39:32 h | M Sen3 | 53 |
| 5 | Schlömer, Karl-Heinz | 64 | MTV Heide | 0:22:17 h | 3 | 0:57:52 h | 7 | 1:20:09 h | 6 | 0:23:17 h | 2 | 1:43:26 h | M Sen3 | 161 |
| 6 | Vonau, Dirk | 66 | SCI Itzehoe | 0:23:12 h | 5 | 0:55:25 h | 5 | 1:18:37 h | 5 | 0:26:08 h | 6 | 1:44:45 h | M Sen3 | 92 |
| 7 | Eisenschmidt, Jan-Dierk | 67 | | 0:27:07 h | 7 | 0:57:39 h | 6 | 1:24:46 h | 7 | 0:29:28 h | 7 | 1:54:14 h | M Sen3 | 128 |
| 8 | Sauer, Dirk | 65 | | 0:28:45 h | 8 | 0:58:07 h | 8 | 1:26:52 h | 8 | 0:31:15 h | 8 | 1:58:07 h | M Sen3 | 100 |
| Altersklasse M Sen4 | | | | | | | | | | | | | | |
| 1 | Claudius, Stephan | 59 | MC Pirate e.V. | 0:23:15 h | 2 | 0:53:07 h | 1 | 1:16:22 h | 1 | 0:24:05 h | 2 | 1:40:27 h | M Sen4 | 123 |
| 2 | Gaasch, Bernd | 62 | Borener SV | 0:22:11 h | 1 | 0:55:12 h | 2 | 1:17:23 h | 2 | 0:23:20 h | 1 | 1:40:43 h | M Sen4 | 42 |
| 3 | Spijker, Rüdiger | 60 | Tri-Michels Hamburg e.V. | 0:27:03 h | 3 | 0:57:26 h | 3 | 1:24:29 h | 3 | 0:29:14 h | 4 | 1:53:43 h | M Sen4 | 158 |
| 4 | Stern, Ingo | 62 | Hamburg | 0:27:03 h | 3 | 1:04:04 h | 5 | 1:31:07 h | 5 | 0:28:44 h | 3 | 1:59:51 h | M Sen4 | 154 |
| 5 | Rudies, Bernd | 63 | Borener SV | 0:27:16 h | 5 | 1:03:18 h | 4 | 1:30:34 h | 4 | 0:30:11 h | 5 | 2:00:45 h | M Sen4 | 113 |
| 6 | Bornhold, Rolf | 60 | | 0:31:13 h | 6 | 1:04:20 h | 6 | 1:35:33 h | 6 | 0:32:43 h | 6 | 2:08:16 h | M Sen4 | 165 |
| Altersklasse M Sen5 | | | | | | | | | | | | | | |
| 1 | Thun, Peter | 56 | SpVg Eidertal Molfsee | 0:26:22 h | 2 | 1:04:18 h | 1 | 1:30:40 h | 1 | 0:28:46 h | 1 | 1:59:26 h | M Sen5 | 74 |
| 2 | Oellermann, Wolfgang | 54 | SV Fortuna Bösdorf | 0:25:46 h | 1 | 1:08:55 h | 2 | 1:34:41 h | 2 | 0:29:41 h | 2 | 2:04:22 h | M Sen5 | 93 |
| Altersklasse M Sen6 | | | | | | | | | | | | | | |
| 1 | Hümmecke, Manfred | 53 | TUS Holtenau Kiel | 0:25:00 h | 1 | 0:56:21 h | 1 | 1:21:21 h | 1 | 0:26:24 h | 1 | 1:47:45 h | M Sen6 | 131 |
| 2 | Croissier, René | 50 | TuS Holstein Quickborn | 0:28:37 h | 2 | 1:04:46 h | 2 | 1:33:23 h | 2 | 0:31:03 h | 2 | 2:04:26 h | M Sen6 | 147 |
| Altersklasse M TM18 | | | | | | | | | | | | | | |
| 1 | Köhne, Thilo | 00 | Sport-Club Itzehoe | 0:20:11 h | 1 | 0:49:30 h | 1 | 1:09:41 h | 1 | 0:21:28 h | 1 | 1:31:09 h | M TM18 | 124 |
| Altersklasse W AK1 | | | | | | | | | | | | | | |
| 1 | Wilke, Leonie Johanna | 97 | SV Tungendorf | 0:21:04 h | 1 | 0:53:30 h | 1 | 1:14:34 h | 1 | 0:22:54 h | 1 | 1:37:28 h | W AK1 | 14 |
| 2 | Stoltenberg, Solveig | 96 | SV Tungendorf Triathlon | 0:23:32 h | 2 | 1:02:58 h | 2 | 1:26:30 h | 2 | 0:26:44 h | 2 | 1:53:14 h | W AK1 | 11 |
| Altersklasse W AK2 | | | | | | | | | | | | | | |

| Platz | Name, Vorname | Jg | Verein / BSG / Ort | Laufen | Pos L | Rad | Pos R | Zwischen- zeit | Pos ZZ | Laufen | Pos L | Gesamtzeit | Alters- klasse | Start- Nr. |
|----------------------------|-------------------------|----|-------------------------|-----------|----------|-----------|----------|-------------------|-----------|-----------|----------|------------|-------------------|---------------|
| 1 | Zimmermann, Dörte | 89 | SEALS Bikefitting Team | 0:21:26 h | 1 | 0:51:42 h | 1 | 1:13:08 h | 1 | 0:22:42 h | 1 | 1:35:50 h | W AK2 | 164 |
| 2 | Obermann, Mareike | 89 | | 0:28:21 h | 2 | 1:08:43 h | 2 | 1:37:04 h | 2 | 0:28:41 h | 2 | 2:05:45 h | W AK2 | 13 |
| Altersklasse W AK3 | | | | | | | | | | | | | | |
| 1 | Nissen, Conny | 85 | | 0:23:13 h | 1 | 0:51:58 h | 1 | 1:15:11 h | 1 | 0:24:47 h | 1 | 1:39:58 h | W AK3 | 171 |
| 2 | Christiansen, Nina | 88 | SV Enge-Sande | 0:25:50 h | 2 | 0:57:27 h | 2 | 1:23:17 h | 2 | 0:27:56 h | 2 | 1:51:13 h | W AK3 | 69 |
| Altersklasse W AK4 | | | | | | | | | | | | | | |
| 1 | Westmann, Nicola | 81 | SG Athletico Büdelsdorf | 0:25:07 h | 1 | 1:06:20 h | 1 | 1:31:27 h | 1 | 0:29:05 h | 1 | 2:00:32 h | W AK4 | 40 |
| 2 | Hecker, Claudia | 83 | Post SV Uelzen | 0:30:59 h | 3 | 1:12:18 h | 2 | 1:43:17 h | 2 | 0:32:07 h | 2 | 2:15:24 h | W AK4 | 25 |
| 3 | Rose, Christin | 82 | | 0:30:40 h | 2 | 1:25:23 h | 3 | 1:56:03 h | 3 | 0:32:23 h | 3 | 2:28:26 h | W AK4 | 167 |
| Altersklasse W Sen1 | | | | | | | | | | | | | | |
| 1 | Hennecke, Anke | 76 | Kaifu Tri Team | 0:22:42 h | 1 | 0:51:33 h | 1 | 1:14:15 h | 1 | 0:23:13 h | 1 | 1:37:28 h | W Sen1 | 119 |
| 2 | Jessen, Susanne | 78 | Norderstedt | 0:28:14 h | 2 | 1:11:17 h | 2 | 1:39:31 h | 2 | 0:31:34 h | 2 | 2:11:05 h | W Sen1 | 146 |
| Altersklasse W Sen2 | | | | | | | | | | | | | | |
| 1 | Asar, Aydan | 72 | Tornesch | 0:24:43 h | 1 | 1:07:11 h | 2 | 1:31:54 h | 1 | 0:26:43 h | 1 | 1:58:37 h | W Sen2 | 143 |
| 2 | von der Heyden, Claudia | 70 | SV Enge-Sande | 0:31:30 h | 2 | 1:04:06 h | 1 | 1:35:36 h | 2 | 0:33:46 h | 2 | 2:09:22 h | W Sen2 | 87 |
| 3 | Arbeck, Kathrin | 69 | Norderstedt | 0:33:03 h | 3 | 1:14:55 h | 3 | 1:47:58 h | 3 | 0:39:23 h | 3 | 2:27:21 h | W Sen2 | 145 |
| Altersklasse W Sen3 | | | | | | | | | | | | | | |
| 1 | Mull, Dr. Diana | 67 | TSV Bornhöved | 0:23:41 h | 1 | 0:57:17 h | 1 | 1:20:58 h | 1 | 0:25:31 h | 1 | 1:46:29 h | W Sen3 | 4 |
| Altersklasse W Sen5 | | | | | | | | | | | | | | |
| 1 | Kaack, Heike | 58 | SG Athletico Büdelsdorf | 0:27:20 h | 1 | 1:04:36 h | 1 | 1:31:56 h | 1 | 0:29:20 h | 1 | 2:01:16 h | W Sen5 | 111 |
| Altersklasse W TW16 | | | | | | | | | | | | | | |
| 1 | Piotrowski, Ida | 01 | SV Tungendorf | 0:24:30 h | 1 | 1:04:52 h | 1 | 1:29:22 h | 1 | 0:25:43 h | 1 | 1:55:05 h | W TW16 | 84 |
| Altersklasse W TW18 | | | | | | | | | | | | | | |
| 1 | Günther, Paula | 99 | SG Athletico Büdelsdorf | 0:29:05 h | 2 | 0:56:22 h | 1 | 1:25:27 h | 1 | 0:32:11 h | 2 | 1:57:38 h | W TW18 | 144 |
| 2 | Breidenbicher, Nina | 99 | SV Tungendorf | 0:25:35 h | 1 | 1:08:18 h | 2 | 1:33:53 h | 2 | 0:27:15 h | 1 | 2:01:08 h | W TW18 | 10 |